HUNDRED FLOWERS

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SHORTS

News brought to you by: Liberation News Service, Free Ranger Intertribal News Service, Wisconsin Independant News Department, members of Underground Press Syndicate, and Bird On a Wire News Conspiracy!

ECOLOGY DECEPTION AWARD !

The presentation of the July Ecology Deception Award will be presented to CLARK GASOLINE for trying to massage the public with their anti-pollution campaign. the presentation will will take place at the Clark Station on 17th & Washington Av N Wednesday July 21st at 2:pm.

Clark is currently boasting unleaded gasoline with a "special anti-pollution" additive. However, dig this:

"Environmental Monthly reports that tests conducted by the Bureau of Mines indicate a switch to unleaded fuel could actually increase emission causing photochemical smog by 25%. (Northwest Passage,5/10/71

WORKING FOR THE MAN IS HAZARDOUS TO YOUR HEALTH!

NEW YORK(LNS)—According to U.S. Department of Labor Statistics every 8 minutes 1 person will be killed on the Job, 148 workers will be seriously disabled,500 workers will be hurt.

Every day 55 workers die, 8,500 are disabled and more than 27,000 are hurt.

Every year 15,000 workers are killed on the job, more than 2 million are disabled by occupational accidents, over ½ million are disabled by occupational disease (like black lung) and more than 7 million are hurt.

And finally the Labor Department predicts, 3 of every 4 young men and women who enter the job market in 1971 will be disabled before they retire!

HS STUDENTS KICK OUT ARMY

Milwaukee(LNS)— Two U.S. Army recruiters got an unusual reception recently at Case High School. Students ripped up leaflets the recruiters were passing out and one student grabbed both their hats and tore off the emblems, shouting "I ripped the Army off!"

The two recruiters had to call their superior officer in Milwaukee to get permission to leave the school building because they were out of uniform.

TURN IN A PUSHER PROGRAM PLAY SECRET SPY...BE A FINK

Tampa, Fla. (From AP) — A "Turn in a Pusher" program has been operating for more than six months now in Tampa.

In case a conviction results, informants are paid from $100 to $500 in cash. The money is contributed by the Greater Tampa Chamber of Commerce and several local business es.

Informants remain anonymous, but are given a code number.

"We don't want to know who the informant is," said James Cusack, a former FBI agent who runs the program. "We'll make a drop or leave it at a general delivery or something like that. People are interested in that sort of thing--code names, secret drops."

So far the program has attracted 2,930 calls from tipsters. Thirty-seven people have been arrested and three convicted. But, in addition, police say they are watching 262 suspects as a result of "TIP" information.

"People are great," Cusack said. "It's amazing what people will do for small amounts of money."

CONSUMER WATCHDOG QUITS

Albany, N.Y. (Bird on a Wire) — Former television personality Betty Furness has quit her $31,000 a year job as New York state consumer watchdog. She said her resignation was in protest against the failure of the state legislature to pass consumer protection legislation.

"There is no use in going on," said Miss Furness. "They aren't going to change."

She blamed the big business lobby for blocking much of the legislation she proposed.

"Industry doesn't advise the legislature," she said. "It pretty much controls it."

YEP...THE DIRTY AND DISEASED GET WHAT THEY DESERVE !

Berkely(LNS)— The recently elected, more or less radical, Berkely town council has allocated $3000 to the free clinic, in spite of one conservative's opinion that "those dirty, diseased transients don't deserve it". The $3000 was taken from the $2,700,000 police and firemen fund!

TOOTHPASTE HAZARDOUS TO YOUR TEETH !

(Bird on a Wire)—Consumer advocate Ralph Nader has charged that toothpastes which contain stannous flouride actually stain teeth. He asked the federal government to require warning labels on toothpaste tubes.

He also asked the Federal Trade Commission to require a halt to advertising claims that Colgate toothpaste with MFP (monoflurophosphate) is a tooth toughener.

"NORMAL"...RUMP

Pine Bluff, Ark. (Bird on a Wire)—The army (U.S.) began destruction of its massive supply of germ warfare agents, a supply large enough to wipe out much of the world with infections.

"All situations are normal; everything is fine," said Col. Robert L. Rump, Pine Bluff Arsenal Information Officer.

CITY FATHERS SUPPORT LEARY !

(Bird on a Wire)— Timothy Leary recieved support from radical members of the Berkely City Council in his bid for political asylum in Switzerland last week.

Two council members, I. T. Simmons and D'Army Bailey , said extraditing Leary to California prisons would be "unconscionable"--meaning something unable to be done within conscience— and called upon the Swiss government "to recognize the political character of these attempts".

The councilmembers also said:"We believe the efforts of the state and federal authorities to imprison Dr. Leary and thus stifle the free expression of his political and scientific beliefs have gone far beyond permissible boundaries of state authority".

WHAT'S THE WORD ON TIM?

By the time you read this issue of the paper the Swiss government will have already determined whether or *not to extradite Leary.* Tim was given until Friday, July 16, to raise $120,000. in cash to remain in Switzerland. Leary's stateside attorney Micheal Kennedy of San Fransisco reports that "little money is coming in". If Leary is successful in raising the money he will almost for certain be allowed to stay in Switzerland for two years while his request for political asylum there is reviewed.

News taken from Berkely Tribe & Earth News

AT&T STRIKE IF YOU WORK

Washington (Bird on a Wire)— Staff examiners for the F.C.C. recommended that the A.T.&T. Company be required to reduce its long distance telelhone rates by at least 130 million dollars. They also recommended that A.T.&T. refund to consumers excess charges made since January of '71 under the terms of an interim rate increase formula.

Officials of the FCC's Common Carrier Bureau, which regulates telephone companies, said that A.T.&T. was not entitled to the higher rates because mistakes by the company's management were a contributing factor adversely affecting company earnings.

The FCC based its recommendations on the conclusion that A.T.&T.'s management "underbuilt" new facilities in the period 1966 through 1968, when it should have foreseen increased demand.

A.T.&T. "built madly" when demand soared in 1969, an FCC official said, but paid a premium price for the new facilities.

The bureau argued that company shareholders, not the consuming public, should bear extra expenses born of management errors.

Outlaws this week were: Vicki, Vicki, Bill, Bill, Debbie, Kathy, Danny, Margo, David, David, Warren, Tom, Paula, Linda, Faith & Jim and Ingrid, Richard, Carl, John, Silly Psybin, welcom back Sandy, Kathleen&Michael, People's Bakery, Northcountry Co operative Groceria, Vets House, Alive and Trucking Theatre Co., and the experimental college for the occasional use of their beautifully funky Coxhead, Welcome back Brian.

We are REALLY in need of folding chairs, desk lamps (schools out folks!) and an IBM typewriter.

MEETINGS ARE HELD EVERY SAT. AT FOUR O CLOCK FOR NEW PEOPLE AND OLD ONES TOO--TO LOOK AT THE NEW ISSUE. ANYONE WITH SOME ENERGY TO INJECT HERE IS WELCOME. PEOPLE ARE NEEDED TO HELP WITH MANY THINGS.

VENDORS!

YOU CAN'T DO A PAPER WITHOUT DEALERS, SO... HAWK SOME AND YOU CAN PICK UP SOME EASY BREAD.. PAPERS CAN BE BOUGHT IN QUANTITY TO DEAL AT: POSITIVELY 4TH STREET(by Ralph and Jerry's), LAKE STREET WAX MUSEUM, EARTH, OR AT 529 CEDAR if we're here. CALL EITHER 333 3717 OR 333 8471 FOR MORE INFO.

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Red Barn II

About the fourth of Julv destruction crews began to demolish three large houses on the corner of 24th and Nicollet. Purpose: to level the land and begin sonsdruction of another RED BARN.

Haven't we had enough of this? Its all too obvious that they do not understand, nor do they care thacthe kind of deterioration they bring to our communities is not wanted.

We in this community believe that it is time to stop the Korporate Structure and their blatant rip-off shucks.

Belmar builder have, with minor trouble, been allowed to put up apartment after apartment, as they continue tearing down more and more good housing to continue their "luxury" boxcar living construction. This is now happening in the 26th and Nicollet area without a word of protest, or the slightest bit of sabotage. A mistake was made in letting them get this far...for now we have RED BARN following them into our community!

On Saturday July 17th come and join your neighbors and friends in the 2nd annual Ban the RED BARN festival. All day Saturday there will be free music; bring good food, love and your support. Help to circulate the petitions. And now--before the fest you can call Alderman Butler once a week (more if you like) and bitch about the BARN. The official complaint number is: 330 2332. Or you could call Butler's office at: 330 2208. Butler might realize our seriousness e œn more if you call the Butler house at: 823 6143.

Our community consists of artists, students, older folks, Indians, blacks, families, and plenty of just plain good people.

If you live in the Art Institute area come over to 24th and Nicollet on Saturday and meet your neighbors and friends. If you live outside the area come anyway, It should be fun.

After the festival drop by 2502 1st Av S and pick up on some whole foods at the New Southside branch of NORTHCOUNTRY CO-OP!

Indian Brother Busted In Duluth

A young American Indian brother has been convicted of ""sex crimes" in Duluth. William Shotley, 21, was going to UMD under a BIA scholarship and the GI Bill of Rights. He was found guilty last week with the help of illegal evidence obtained by illegal search delivered by the state's attorney.

The very charge, sodomy, gave the state a bias in its favor. Shotley, being an Indian, and an art student having shoulder length hair, lost all chance of getting a ""fair trial"" when the judge himself took over questioning of the jury panel.

There were 17 differences on material points in the testimony of the state's witnesses. Shotley was accused of committing sodomy upon a 13—year old boy. As the ""trial"" proceeded, the state tried to convince the jury that possession of ""pornographic"" material by Shotley proved he was guilty. The crime Shotley was charged with would be physically im—possible to do the way that the state's witnesses described it. The only crime Shotley really comm—itted was being born an Indian in a city where ""authorities"" cannot tolerate people who live dif—ferently than themselves.

Shotley lived alone, and was often helping out young people who had problems at home, by talking with them. The ""victim"" of Shotley's crime skipped school, lived on the streets, and was terrified to return home. He knew Shotley, and he and his friends often went to talk to Shotley at his apartment. The last visit is when the supposed incident hap—pened.

Obviously, though, the case was fabricated. The state refused to believe their own case. They did not even call their announced major witness to the stand. Afraid of discrepencies?

The state tried to scare the jurors, making the UMD student, with no previous police record, look like a hard criminal type. Those of us who know Bill Shotley know that he is really a railroaded political prisoner of the state. He may face a 30 year sentence unless money can be raised for an appeal. But to save Shotley, we need money. Brothers and sisters, help us rise up to this injus—tice. Help Shotley get an appeal.

Please send money to;
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Duluth, Minn. 55802

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Magical Mystery Movement

The magic movement sabotage of the month award went to those diligent AMERICONG who attacked the Woodhill Country Club two weeks ago. And a magic act it was. Woodhill is the golf club to which the unrenown Honeywell war criminals belong.

On the night before the fourth of July, white crosses and mutilated dolls infested the greens and fairways of Woodhill. The next morning a plane flew over dropping balloons and notes (""You've just been killed by a Honeywell frag bomb.") from the air onto the happy hoaky fourth of July golfers.

One week later, the wheel of magic revealed itself once more. In an article which appeared in the Minnetonka Sun (weekly suburban paper) it was drown to everyone's attention that in a book entitled "Insurrection" by Dan Brennan, July fourth 197) set the beginning of a black takeover at;(and dig this) WOODHILL COUNTRY-CLUB! The book was published in 1970.

In an exclusive statement from the AMERICONG to HF, they disclosed ""We didn't know nothing about it, it's fucking freaky!" They also said the scenario set in the book "Insurrection" is under consideration.

Here is a quotable quote from page 10 of that book:

"The assault is going to be on the country club at their annual tennis banquet. The entire white power structure of a metropolitan city knocked out in a single blow. Gentlemen, at the final briefing you will understand more. All I can tell you now is that our terms on the basis that we have three hundred more white country clubs in the nation."

"But we haven't," Compson said.

"We know that," said Butler, but the President doesn't."

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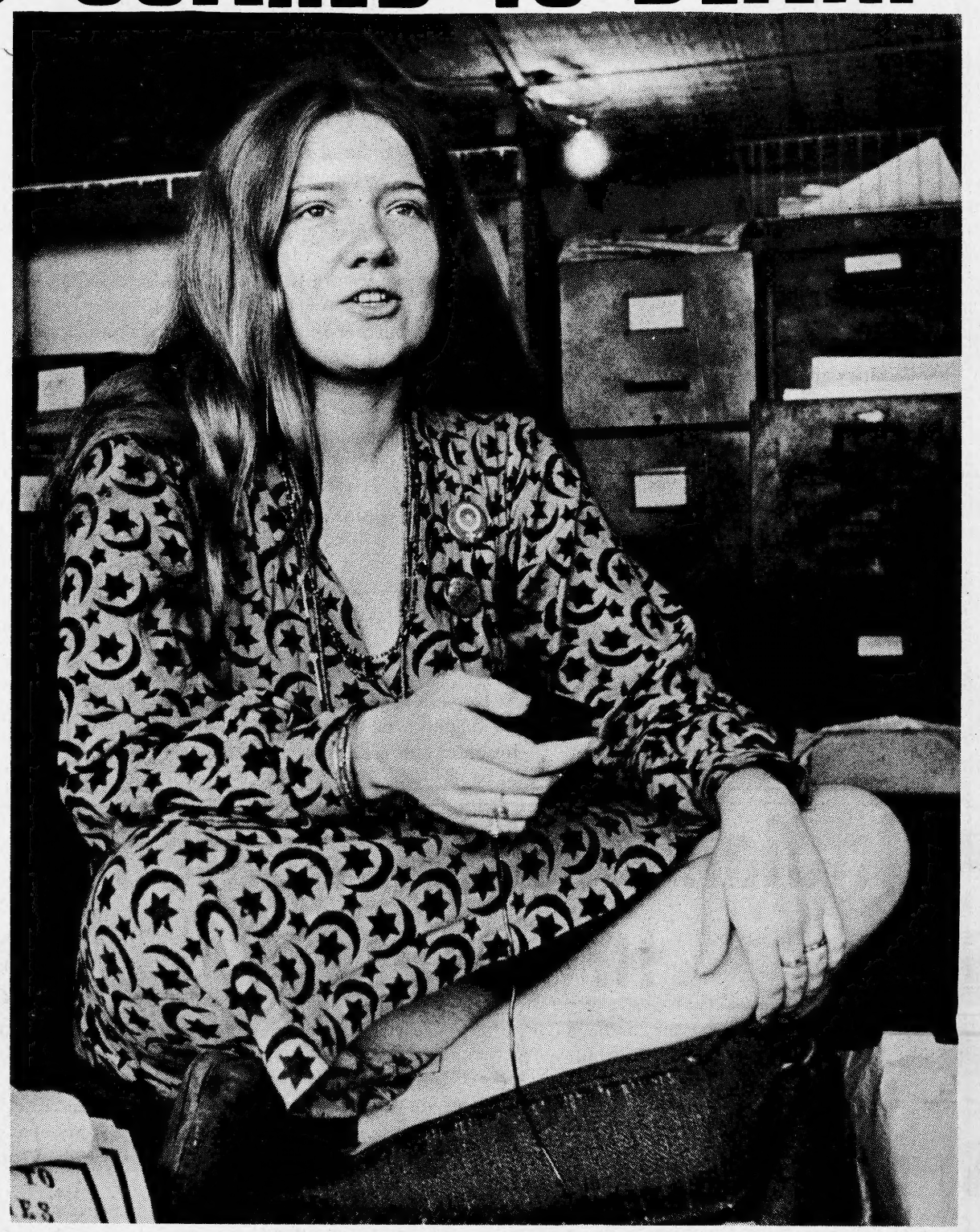
GOODWIN IS SCARED TO DEATH



The following is an edited transcript of a talk with Leslie Bacon that was joined in the middle by Micheal Tola and Colin Neiburger. Leslie, Micheal, and Colin are all Mayday organizers who have been called before grand juries that are investigating Mayday and the Capitol bombing. Leslie was called before the Seattle grand jury, while Micheal and Colin have been subpoenaed before the Deroit grand jury. Leslie has also been subpoenaed to a New York grand jury.

Leslie, who was held without bail for over two months as a material witness in the Seattle grand jury investigation of the Capitol bombing, has recently been indicted by a New York grand jury. She is charged with conspiring to firebomb a New York City Bank on December 4, last year. Leslie is now free on $10,000 bail.

Guy Gooduin is a justice Department prosecuter who flys from grand jury to grand jury putting questions to movement people about their lifestyle, the Weather Underground, conversations, and friends. The new grand jurys constructed to investigate the movement have come to be known as Guy Gooduin's grand juries.

LESLIE BACON IS A MYTH AND A SYMBOL TO THE PEOPLE IN THIS COUNTRY RATHER THAN A PERSON. MAYBE YOU COULD START BY TALKING ABOUT YOUR LIFE AND HOW ALL THIS BUSINESS WITH GRAND JURIES AND THE MEDIA HAS AFFECTED YOU.

LESLIE: **The whole thing started in a period of about ten minutes. I got up one morning and I was hanging around the house half asleep. Suddenly someone came runnin~ up the stairs and said: AALeslie, get the fuck out of here, the FBI is here again." And then suddenly this whole thing was put on me. It was weird because before that I was just hanging around...ripping off Safeway..working on Mayday...** organizing things. Suddenly I was in the hands of the pigs --totally cut off from reality.

I had no communication with anyone except lawyers and my parents. It was total culture shock. I was put in a plastic American hotel with color TV. No music, no grass, no hanging around; they wouldn't even let me sit on the floor. There was no on I could talk to except pigs.

For awhile the feds decided that we would go out to dinner when the news came on, which was incredible because the news was my only contact with the outside world. Mayday was happening and I could see all my friends on TV— watch them all get busted. Later on, when I went to jail, it was like going home -- back to the people -- people I could communicate with. When I walked in, all these women crowded around me and asked me if I was Leslie Bacon. They'd read about me in the papers and they wanted to know why I wasn't in that hotel room anymore. I explained all that and then there was this silence. And then somebody said: "tell us about the revolution".

The thing that's so strange about it is that we don't know the grand juries are investigating anything until they start subpoenaing movement people without warning, or saying why. When you won't answer their questions, they can throw you in jail. Its a great way to put people in jail without a trial. I spent a month in custody and a month in jail and yet I have not been convicted of a criminal offense.

HOW DID THE MARSHALLS TREAT YOU? YOU ACTUALLY LIVED WITH THEM FOR AN ENTIRE MONTH. IT MUST HAVE BEEN A STRANGE EXPERIENCE.

LESLIE: At first, they kind of stood at a distance and I was constantly screaming at them, and lecturing them: "You're only following orders. Eichmann was only following orders." Then I calmed down because I realized that I had to have a sense of humor about the whole thing or I would go crazy.

They discovered that I didn't have fangs, I didn't breathe fire—that I was a person—and then they started doing a parental thing on me. The way I spoke and the experiences I had were similar to a lot of things their kids did.

The day I was getting out of jail, they were holding me in a cage before I went to court. A marshal came over to me and gave me a rap about how it had been interesting talking with me, but that we disagreed about a lot of things. He turned away and I said "Do you think I blew up the Capitol?" His answer was, "I don't think you lit the fuse, but I think you know who did. Maybe you're too far ahead and I'm too far behind."

WHAT WERE THE PEOPLE ON THE GRAND JURY LIKE?

LESLIE: They looked like the United States bowling team. Most of them were in their 40's and really straight. There was one black man who came just a few of the days, and he always smiled at me when I looked at him...there were a few that were young, but they were really incredibly straight, with silver hair and stretch pants. Mostly they were really bored. They'de look out the windows and read newspapers.

WHAT WAS GUY GOODWIN'S APPROACH?

LESLIE: He's a very slick, slimy questioner. He'll ask you a very vague question and you'll give him a very vague answer and then he'll shoot a very specific one at you. Or he'd ask you a question that has a long answer and in the middle of it he'd throw out something incredible like "Did you go to the Revolutionary People's Constitutional Convention in November, 1970 as a representative of the Yippies or the Weathermen?" And I'd go wait a minute, where's that coming from."

Goodwin just has totally evil vibes. He turned in his 13-year old daughter for smoking weed. He wears Benjamin Franklin glasses and looks down over the top of them at you. One eyebrow goes up to the top of his head and the other one goes down. Goodwin knew that I didn't know anything about the Capitol bombing. I knew he knew it. It was very clear, but it was his game that was being played.

DID YOU HAVE ANY SAY IN THE PLANNING OF YOUR "DEFENSE" OR DID YOUR ATTORNEY COMPLETELY RUN IT?

LESLIE: I had very little say because I didn't understand what was going on. Someone should have explained... what a grand jury meant. No one told me who Guy Goodwin was. It was three weeks before I knew that Guy Goodwin was the pig who had the weatherpeople, the Barrigans, David Hilliard, and the Seattle conspiracy people indicted. I read who he was in the New York Times finally.

Then they started asking about this attempted bank bombing in New York. Now I knew that six people had been indicted by a state grand jury there and all of the information had come from the testimony of an informer so that they knew all along any participation I would have had in it. So when they started asking me about that my attorney's response was, "They're just trying to freak us out; don't take the fifth."

But after answering about ten question about that, we freaked out and I started taking the fifth. They let me take the fifth for awhile, and then went into court with a motion to compel testimony--no immunity. I was ordered to testify and once you've incriminated yourself, you've given up any right to the fifth. My attorneys didn't tell me that about the fifth. They explained everything to me after we were being totally fucked and dragged around the court.

WHAT DO YOU THINK WERE THE WORST MISTAKES THAT YOU AND YOUR LAWYERS MADE?

LESLIE: The first day when I went before the grand jury and they asked me the first question—my name— I probably should have taken the fifth amendment because every newspaper in the country said that I had blown up the Capitol. I could have gone in there, taken the fifth, maybe been given immunity. I would have gone to jail for contempt and then would have been bailed out without ever having said anything. The point is that you just don't talk to the pigs... it legitimized everything that they knew and it gave them a chance to subpoena people. They probably would have been subpoenaed anyway, but the government probably would have had to go through a whole different trip to do it.

OF RAINBOWS . . .

. . . AN INTERVIEW WITH LESLIE BACON, MICHEAL TOLA, and COLIN NEIBURGER on THE NEW GRAND JURIES, MAYDAY, and GUY GOODWIN !

HOW MANY PEOPLE DO YOU THINK WERE SUBPOENAED AS A RESULT OF YOUR TESTIMONY?

LESLIE: It's difficult to tell because a lot of people would have been subpoenaed anyway-- a lot of people have been subpoenaed who were never mentioned in my testimony. I think that the only place where it directly relates is in the New York grand jury, where there were 12 people subpoenaed. It would have been difficult for them to subpoena any of those people without my testimony.

WHATS BEEN HAPPENING WITH THE DETROIT GRAND JURY?

COLIN: They subpoenaed six of us to come before them. Micheal and I were from Boston, Cathy and Larry Canada were from the Raintree Tribe and Terry Taube and Ken Kelly were from Detroit. We had no knowledge of what it was about, but we had one week to figure out what to do. One of the things that was important was that we already had Leslie's case as a basis, as something to study.

I think one of the reasons for the mistakes made by the lawyers around Leslie's case was that we've never had revolutionary legal coordination before. We never expected a nationwide repression to happen in which we would have to coordinate thigs in a collective sense. By the time the government came to us, it was obvious that the correct solution to it was not to talk, that any kind of answers that we would give would lead to other possible subpoenas.

WHAT WOULD YOU SAY ABOUT GOODWIN?

COLON: Goodwin would never change expressions, but you could tell that each time it was getting more tense. We knew that we were putting a lot of pressure on them and that we had foiled their attempt. We tried to talk with everyone we met about the grand jury. We talked about Mayday,....about the war, the Pentagon papers, racism and sexism. We explained that the fact that we had raised these issues was the real reason that we were being called before the grand jury, not because we had any knowledge of the Capitol bombing, which was what the questions were about.

The questions ranged from knowledge of explosives to participation in the use of explosives, to surveying the Capitol grounds, to transporting secret documents to the Chinese in Canada.

LESLIE: Goodwin spent about an hour and a half on rainbows. He is scared to death of rainbows. He'd say "Miss Bacon, did this paper have a rainbow on it. I want you to tell me now, and remember that you're under oath, did you ever belong to the rainbow tribe, and the rainbow this and that."

WERE THEY INTERESTED IN MAYDAY?

MICHEAL: Absolutely. And the Ann Arbor Conference in February that met to plan spring anti-war arganizing. They asked a lot of questions about meetings. From what we can gather from their question about Ann Arbor, it seems that they think that the plot to bomb the Capitol was hatched at the conference. There were a lot of questions about meetings we overheard or attended at which there was "discussion of explosives and of going down to Washington in May to create disorder and havoc."

WHAT IS YOUR SITUATION NOW?

MICHEAL: In Detroit, all six of us refused to testify. We refused because we said our fourth amendment rights had been violated because of illegal surveillance. There's a chance that they may take us before a contempt hearing, at which time I guess we'll have to plead the fifth. Then we'll go through immunity and then contempt. If they're into taking it through to contempt--if they're into indicting people-- then they'll indict some of us and throw the rest of us into jail for contempt. They could quash the other subpoenas if they got who they wanted to indict.

But it looks pretty good. They ran through the question-of all of us in two days and now they've suspended it indefinitely while they go back and talk to each other and figure out their strategy. They said they'd call us when they wanted us to appear again, and we're still subject to call, but they haven't set a date. Which seems to mean they're sort of backing off.

IT COULD HAPPEN IN MINNESOTA !

Everyone in Northcountry should be aware of the fact that a grand jury now exists in Madison, Wisconsin. This grand jury is supposedly investigating last fall's bombing of the Army Math Research Center by New Years Gang. The stakes are high --probable murder indictments against the 4 members of the New Year's gang, (who are presently on Hoover's ten or more "Most Wanted" list and already face life sentences upon conviction), the possiblity of jail sentences for those who refuse to testify, additional conspiracy indictments, and division of the Madison radical community.

T. ere is some speculation that a grand jury could be set up in Minneapolis to investigate last summers bombings, Mayday organizing, and anything else of interest they should happen to uncover --which could mean many things, including you.

The show goes on only if they can find you in the beginning, and if you agree after being subpoenaed to answer their questions. Communities around the country are taking the offensive: meaning NOT TESTIFING EITHER BEFORE OR AFTER IMMUNITY IS GRANTED.

The promise of immunity does not mean that you can't be prosecuted for action you may be asked to discuss. It just means that the Federal or State authorities cannot use your grand jury testimony as evidence at your trial.

Since no one has any knowledge of the line of questioning that might relate to a new conspiracy network, any testimony is potentially dangerous and possibly incriminating --IF NOT FOR YOU, MAYBE A FRIEND. Remember, Leslie walked into the Seattle grand jury thinking she would walk out later that day. Instead she was questioned for days and then went straight to jail.

They maneuvered her into a discussion of last years firebombing of a New York City Bank. She stopped talking and was sent to jail for contempt. Grand Juries in Washington, D.C., New York, & Detroit were rejuvinated with witnesses called on the basis of her testimony.

"Never talk to a grand jury." -Leslie Bacon

HOME BREW YER BOOZE

BEER

There are as many different recipes for beer as there are people who have made beer, it seems. There are also, thousands of people who grumble about the taste of home brew. A few propaganda words to these benighted souls: Your taste has been perverted by drinking American beer, which has all the flavor, food value and vitamins machine-processed out of it, with cat piss chemical flavors added in. American brewers hype you that their beers are "light" beers. American beers are made to be as neutral-tasting as possible, so that a lot of people will not be put off (at first) by strong, individual flavors. Strong, individual flavors are what make different kinds of beer good and interesting. Open yourself to the different taste sensations, go with the flow as you swill it down and grok it.

Now a few words to new beer-makers, who just can't seem to make good beer. There are some tricks to it. Here are a few.

1) Capitalist brewers are always going on about "cool-brewed." Why? Because that's how beer should be made, to produce a smooth brew, with no sickening sweetish undertaste.

Visit a brewery in Amsterdam or Denmark, where they really know how to make beer, and they'll show you large, white-tile rooms that are almost as cold as your refrigerator--about 47 degrees F.--in which there are huge, shallow swimming pools of the stuff, brewing up covered with white suds. Far out.

Those of us who don't have tile swimming pools inside giant refrigerator rooms must make the best with what we've got. This means: NEVER MAKE BEER IN THE SUMMER, WHEN IT'S HOT. November and April are good months. Find a place in your basement where there aren't too many bugs (unless you dig bug beer) and the temperature stays around 50 degrees (a thermometer would help). Put your crock there.

(2) No matter what anybody tells you, don't make beer in any kind of metal container (you could poison yourself) or plastic (horrid taste). Use giant glass jars or a stoneware or ceramic crock. Potters who have access to big kilns might consider making some of these because big stoneware crocks from local farmer families are getting hard to find. Stores sell them, but the prices are a rip-off because they have become "in" antiques. Beer should be made in batches of at least 5 gallons but over 10 is better.

(3) The first day or two, skim the foam--i'ts bitter. Taste a very little bit of it, with one of the dark flecks, and you'll never forget to skim it again. If not skimmed, this stuff settles back down in and dissolves, giving a deep bitter taste. Some people develop a liking for that flavor; they should be treated with gentleness and compassion.

(4) The basic ingredients of beer are malt, sugar, yeast and water. The yeasts, which are little animal-like plants, eat up all the sugar and some of the malt. Then they, uh, I don't want to put anyone uptight here (squeamish people skip); they piss in your beer. Yeast waste products are alconol and carbon dioxide (which gives the beer its bubbles). Yeast multiply fast, so that soon they die in their own waste products--this happens when the beer reaches a 11.2%-12.5% alcohol concentration. If there isn't enough sugar, the yeast starve themselves out sooner, and will taste "malty". If there is too much sugar, some will be left, after the yeasts have all crapped out, and the beer will be too sweet.

If you boottle the beer after all the yeast have died, it will be flat, because the bubbles are carbondioxide dissolved under pressure made by the last surviving yeasts. But if you bottle it too soon, it will explode, because those yeasts are still in there, eating up the sugar and multiplying and making carbondioxide, which will generate enough pressure to burst the glass. what to do?

Get a beer hydrometer ($2.00), which measures the alcohol concentration. It looks sort of like a thermometer; it floats in the beer. Bottle the beer at 11% reading.

(5) The dead bodies of all those poor yeasts, drowned in their own alcoholic piss are still there. You can't strain them out, without getting flat beer. What to do? Yeasts floating in the beer make it look all cloudy and crappy, plus they don't taste good. Let it settle. Best to bottle beer in 1 quart dark glass bottles (preferably in the cool cellar for at least threee weeks. It has to be tightly capped--you need a bottle capper (hand capper is a pump-lever looking thing, about $3), and you have to use bottles which the caps you get will fit.

At the end of three weeks, there will be about 1?2 inch of greyish, powdery residue settled out in the bottom of the bottle. Pour the beer carefully so that you don't stir this up. When you get too stoned to do this any more, you won't care about the taste or an expanding, hurting stomach in the morning.

(6) For 'basic' beer, the main things that determine the taste are the malt and the yeast. You can buy all different kinds of yeast and malt from Semplex which sells wine and beer-making supplies or you can use commercial powdered or cake yeast. Wild yeasts float around in the air and may dive into your brew to raise a family, so cover the crock with a cloth. This also helps keep out bugs and dogs.

(7) Hops, which are already added to the malt usually, give a distinctive 'beer' taste to the brew. They are also a preservative, and keep it from spoiling. Around the time of King Henry VIII of England, there was a "king's tax" on hops, which really pissed people off. The tax was so high that hopped beer was only for the rich; poor people had to drink a thin, rapidly-spoiling brew. This was a factor in several revolts among peasants and migrant farm workers.

(8) Your beer is unpasteurized. It will spoil. Keep it refrigerated drink it up by six months after you've bottled it.

BASIC BEER

(About 15 gallons)

2 lbs. malt extract paste, preferable with hops. 5 lbs sugar. 2 envelopes powdered Brewers' yeast. 15 galon powdered Brewers' yeast. 15 gallons lukewarm water. Dissolve the yeast in 2 cups lukewarm water. Dissolve the malt extract and sugar in water in the crock. Pour in the dissolved yeast, cover with a cloth. Skim the next 2 days. In about 5 days (measure 11% with hydrometer) bottle it. Good to do this with a rubber siphon; have a few friends help. Everybody gets a little corcked on the 'raw' beer, which doesn't taste very good and is flat. Leave the bottles upright for 3 weeks in a cool, dark place where they won't mess up anything much if some explode.

BIRCH BEER

Indian invented this. It has a minty flavor.

In the early spring--late March or early April when the sap is flowing

gather 4 quarts of little twigs from sweet birch trees. Stick several spiles--hollow, pointy metal or wood tubes, about 1/2" in diameter--into the birch trees, by drilling a hole with a 1/2 inch bit about 3 inches deep and about 3 feet from the ground. Pound the spile into the hole, so it fits tightly; pointing downward a little. Hang a bucket or a big can on the spile to catch the flow of the sap. The sap flows best on warm, sunny days following frosty nights.

Stir 1 gallon of honey into 4 gallons of birch sap, and boil this for 10 minutes. Pour it boiling hot over the gallon of little, chopped up twigs in the crock. When it's cool, strain the twigs out then float a piece of toasted rye bread, spread with 1 cake of soft baker's yeast, on the liquid. Cover with a cloth and let it ferment about a week, until the cloudy stuff begins to settle, but can still be seen in streaks and patches. Bottle, store 3 weeks in a cool dark place, refrigerate and serve.

PERSIMMON BEER

The Black People in Louisiana invented this 150 years ago.

Mix 10 pounds of wheat bran (animal feed) with 1 gallon pulp from very ripe persimmons. Shape in shallow loaves and bake in a 350 degrees oven until it's firm and very dry. Grind this coarse in a food-chopper. But the crumbs in a 5 gallon crock and fill with boiling water. When it cools to lukewarm, stir in 1 package powdered Brewer's yeast, which has been mixed with a cup of lukewarm water, cover with a cloth and let it ferment for about a week. As soon as it stops bubbling and clears, bottle at once--you have to watch it, when the bubbles start slowing down, and get it at just the right time. Store in a dark place for three weeks.

NETTLE BEER

British workers, in the 19th century, discovered the food and drink value of nettles, a stinging weed because the capitalists did not allow them a living wage. They ate nettles, which are very good and nutritious if cooked. Nettles are very high in vitamins A and C and also good sources of iron, phosphorus, and potassium, rather like spinach.

As a cooked vegetalbe: Wearing protective gloves, gather tender shoots of young nettles in the early sping. Wash, shake off, and cut up in the cooking pot with scissors (still wearing the gloves). Cover the pot and cook gently for 20 minutes. Add butter and salt and serve with the cooking juices. Or add ½ can of mushroom soup and serve over toast.

For Drinking: Wash 4 quarts fresh picked nettles. Add 2 gallons of water, 2 lemons cut--peel and all-- in thin slices, and 2 oz. crushed ginger root. Boil gently for 40 minutes. Strain, stir in 2 cups brown sugar. When barely lukewarm, stir in 1 envelope of dissolved Brewers yeast. Bottle immediately, cap tightly. Ready to drink in 5 days. Be sure to chill it well before opening, as it will foam. This beer is very low in alcohol. For higher alcohol content, let it ferment, skimming it, for 7 days in a cool place. Add a teaspoon of brown sugar to each quart, as you bottle it.

MEAD

The Vikings used to get very stoned on this, then feel so bad they would go kill some dragons or discover Vinland or something like that. It can give you a bummer of a hangover.

BASIC RECIPE:

For each gallon of water, 4 lbs. honey, 6 cloves, 2 sticks cinnamon bark, juice and thin-sliced peel of 2 lemons. Boil together for 30 minutes; strain into a crock or glass jug. When cool add 1 tsp. yeast powder dissolved in some liquid, for each gallon of mead mix. Let ferment in a cool place until it stops bubbling and clears. Bottle, capping tightly and store in a cool place for at least a month Don't keep it longer than year.

VARIATIONS:

All the variations involve adding herbs and spices to the basic recipe. Spices can be the kinds of things that go well with cinnamon-sweet flavors; nutmeg (break up a whole one and boil it with the rest), cardamom seeds (3 or 4), sassafrass, ginseng .

Aromatic herbs make a very good mead which doesn't seem to have the awful after effects the basic recipe has for some people.For aromatic herbs like mint, pennyroyal or horehound (all of which grow wild around here), make a distillation. Crush the fresh leaves, a cup at a time, and boil them with a little water in an enamel or glass pan. Cover the pan tightly with a plate or bowl filled with cold water and ice cubes. The essence will be boiled out and condense on the bowl, dripping back into the pan. Strain the distillate and add it to the mead at the last minute before you bottle it.

Other herbal flavors can be added. Some people like wild thyme as a flavoring. Crush fresh plants--about 12 stalks with leaves for each gallon --and add them while boiling the basic ingredients. Violet mead is a mind-blower. It's purple, with a very, very faint taste of violets. It's also very high in vitamin C--much higher than orange juice and has quite a bit of vitamin A. Both these vitamins help the body counteract the poisonous effects of alcohol. Add a pint or more of violet infusion for each gallon of mead. Fill a pint glass jar with violet blossoms (no stems, but green calyxes oak). Cover with boiling water and let the blossoms infuse for a day. Open and strain. Add it to the mead just before you bottle it.

Incidentally, acid turns this infusion (which is bright blue) a rich purple, then reddish. So you can adjust the color of the violet mead by adding lemon juice. Alkalais turns violet infusion yellow, then green.

If you've got a lot of violets--they grow all over in shady places, bloom late May and early June--why not make some violet syrup? As well as curing hangovers, it's supposed to cure a lot of other stuff. Medieval herbalists tell us it's good for fevers, epilepsy, lung infections, hepatitis (dig it, needle freaks, but don't rely on it), TB, insomnia, eye infections, and quinsy whatever that is. It's a soothing cough syrup and tastes good on pancakes besides.

For each cup of violet infusion, add 2 cups sugar or honey and the juice of 1/2 lemon. Boil gently for a few minutes in a glass or enamel pan, skim and bottle in sterilized jars.

BRANDIED FRUIT

You don't drink this, you eat it, syrup and all. Nice over vanilla ice cream or pudding.

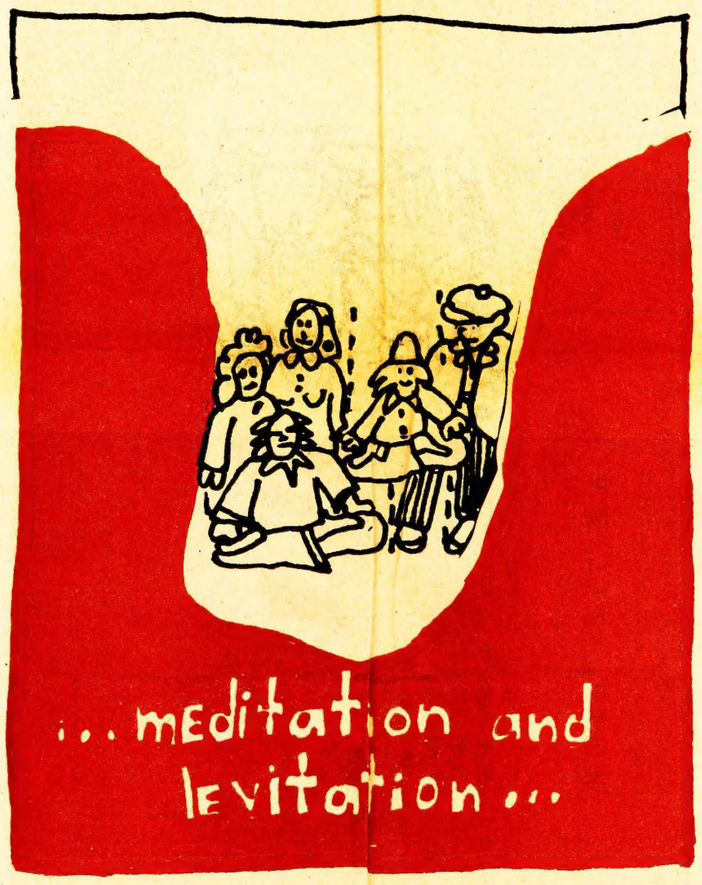
Weigh equal amounts of sugar or honey and fresh ripe fruits--peaches, pears, nectarines, grapes, plums, strawberries. Don't use hard fruits like apples or thick-skinned ones like oranges. Wash the fruits, remove stems and rub off fuzz. Prick large fruits all over with a fork.

Put the fruit in a glass or ceramic crock in layers, with equal amounts of honey or sugar over each layer. You can start with a big crock and add more fruit as you get it. Leave the crock covered in a warm place for a week or so until syrup forms and the fruit floats in it. Press the floating fruit into the syrup with a weighted plate.

Stir from the bottom every week or so, to dissolve all the sugar. Let the whole crock stand in a cool place and frement for about a month. Eat it all up or pack in sterilized jars and store in a cool place.

Next issue WINE

attempts were made by various individuals to get out of the hole...



This went on for hundreds of years, until they had tried everything except helping each other out...

Independent Female

If you missed the play "THE INDEPENDANT FEMALE" at the guild last weekend you missed some fantastic moments in theatre. Besides the play the ALIVE AND TRUCKING THEATER COMPANY put on a few skits featuring non other than GOD himself...backed by Adam, who was in turn supported by Eve who comes to some fast realizations with the help of "Lucy".

"THE INDEPENDANT FEMALE" is set in Minneapolis--where, as in other cities, the corporate structure is held together by the slave labor corps of secretaries, operators, and other female employees. The Women--aided by the enlightened consciousness of Sara Bullet--decide to strike against United Amalgamated shutting down the business of the whole city.

The cast consists of:

Mrs Pennybank: Old Mom--her daughter Gloria just engaged--now she knew she hadn't lived in vain.

"Raised voices, clenched fists, anger is so unbecoming. For the first time in my life I am ashamed of my sex."

Gloria: Our heroine, who found she had to choose--between her chains and her independence.

"I love my sister's, and my brothers--if I meet any. And I am going out with everybody who wants to turn your prison homes and your frozen minds and your whole racist, sexist, capitalist, imperialist system over. And we will turn it over. And when we're all independent, we can have our pride."

Sarah: The company malcontent. It was the business of her life to so deepen the disappointment in every women's heart, that she bows to it no longer.

"My last curse: their own works will destroy them. And my epitaph: SHOT IN THE BACK FOR REFUSING TO LIVE ON IT.]]

Walter: The infamous President of the Chamber of Commerce who refused to castrate the American Eagle.

"Let me make one thing perfectly clear,...in this crises management will not act like a pitiful and helpless giant. IT WILL ACT LIKE A RUTHLESS AND CUNNING GIANT AND GOD HELP THE UNDERDOG."

John: The one American boy who was not a curly haired cry baby communist.

"Once, not so long ago, man roamed the woods hunting food, while woman stayed home tending the fire. On the surface things have changed since--but in his heart man is still a hunter, at least I am, and I still want a woman in my cave."

If you missed last weeks performances it is still at the guild--in three held over performances this coming weekend. Check out the calendar for times.

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PEOPLE'S MEDICAL CLINIC

There has been an ever-increasing need for some kind of a free clinic on the Southside of Minneapolis for a long time. On Monday, July 19th, the Southside Medical Clinic, on the corner of 3rd Ave. and East Lake St., will open to supply free medical assistance to those who need it.

The clinic will contribute to the improvement of health care delivery on the Southside by being located in an area within walking distance for most residents on the Southside. There will be no income or residency requirements on who can use the clinic, and the clinic will provide complete, non-fragmented preventative and primary health care, as well as educational and social services.

The neighborhood controlled and located clinic will provide an alternative model of health care delivery for its users. It will do this under the assumption that resident control with professional guidance makes possible the development of a program which reflects the values and attitudes of the community it serves. Community control of delivery also insures that health care is sensitive to each patient as a unique person and neighbor.

Community control not only provides residents with the means to develop the operation of their own health care, but also adds to a growing nation-wide movement to challenge the present inadequate and expensive system of health care delivery.

In addition to those items already mentioned, the goals of the clinic include:

1) Enabling low-income people to obtain early and regular health care.

2) Seeking out those people who need medical treatment and other kinds of help.

3) Making the clinic a cooperative effort by initial use of volunteer professional help, donations, and funding from private and public sources, and community contributions in the form of policy making and various services to the clinic.

4) Assisting people in obtaining necessary treatment and/or help which the clinic cannot provide, from other institutions.

5) Beginning discussions with major institutions, private and public, about establishing the clinic as a permanent community controlled facility with increasing reliance on permanent funding and paid staff.

Primary medical care will be available to all who approach the clinic. All individual care will be carefully supervised by attending physicians with medical student-nurse teams as assistant delivers of health care. Hopefully, the clinic will be able to offer the services of a venereal disease clinic. Dental referrals will also be made. The social services of the clinic will make available professional people to assist with problems such as drug abuse and alcoholism. A nutritionist will be available to offer services. There will also be educational programs which would include community meetings with doctors to discuss such topics as health hazards in the home, child development, first aid, etc.

This Saturday, July 17, at 9:00AM the Clinic will have a general clean-up open to anyone willing to help. If you have not been able to participate in the creation of the clinic, you could help out the community by offering your services this Saturday.

There will be a benefit for the Southside Medical Clinic Sunday, July 18, at 2:30pm. Steve Kremer, a local musician and writer, will be performing. The cost is a mere $1.00 donation. For tickets call, 822-0440.

VETS HOUSE

Last week went so fast that I didn't even realize that I forgot to write my column, but I guess it's no big loss. Nothing new at the Vets' House EXCEPT, we have a sign-up sheet for people who want to work at our booth at the State Fair. Any Vets who could dig on free admission for a couple of hours of easy work, stop by the Vets' House and put your name on the sheet.

WOW, if you didn't make it to our July 4th party you missed out on everything. (That's logical.) Congressman Don Fraser was on hand to take first swing at our "Cannon". And of course, he told us about how the war was being stopped, but best of all was the music supplied by Black Jeasus. If ya get a chance to see them, do yourself a favor and go.

Also, we started a drive to turn people on to "Vietnam Veterans Against the War", so run out to your local head shop and get your very own--"I Support VVAW " button. Don't accept a substitute. The money we make for selling these buttons goes for operating the Vets' House.

Don't forget Thursday's rap session and Thursday's VVAW meeting. Both are open to anyone interested. (We serve free beer.) For more info, please call the Vets' House, 331-2726 or 331-2460.

VVaw is planning on being at the Open Air Concert, Aquatennial Parade, State Fair, and everywhere. So if you see us, at least wave.

PEACE,

Tom

AMORPHIA

HELP LEGALIZE MARIJUANA!

ACAPULCO GOLD

ROLLING PAPER

Amorphia is the non-profit cannabis Co-operative which is selling Acapulco Gold rolling papers with all proceeds going to a massive media campaign and lobby for legalization of grass. About last May, Amorphia began distributing America's first rolling papers made entirely of hemp fiber--CANNABIS PAPERS, legal because it is non-psychoactive.

Tax statistics show that last year heads used over 150 million packs of papers(enough for 10 billion fat joints), spending at least $20 million to roll weed. For each 10% share of that market, "Acapulco Gold" papers will generate well over half a million dollars non-profit towards legalization.

Reasons for repeal of the anti-marijuana laws have been cogently articulated by a variety of experts, and Amorphia's immediate task is to communicate these reasons to the 75% of the electorate now opposed to legalization. Proceeds from "Acapulco Gold" papers will support (a) a massive all-out media campaign for repeal; (b) news and information services; (c) research experiments, surveys, and conferences; (d) assistance to significant court cases; (e) services to pot smokers; and (f) cooperation with other groups working for repeal and reform.

Amorphia does not advocate the use of any drug, is opposed to advertising and commericalization of marijuana, and suggests that the primary consideration in structuring legalization be to minimize abuse. We acknowledge the serious and growing problem of truly dangerous drugs and hope that our credibility on marijuana can serve as a basis for effective communication in this area.

After repeal, the marijuana industry will probably total about $3 billion a year. We think it is absurd to work toward repeal and then passively allow a complete takeover by establishment interests when there are obviously more interesting possible uses of the money.

Amorphia (which has the earliest trade-mark application on the name "Acapulco Gold") will engage in the production and sale of legal marijuana as a non-profit foundation, devoting all proceeds to experimental communities, social action, alternate culture projects, and consciousness research. Apportionment of funds will be controlled by the people (anyone wishing to be a member) on a one person, one vote basis through a monthly magazine polling system.

If Amorphia can garner even one-sixth of the legal mariquana market, it will gross $500 million a year, provide support for tens of thousands of people, pour at least $10 million non-profits a year into peaceful social change, and serve as a model for experimenting with new systems of productive organization, utilization of resources, and distribution of power.

Recent news releases from Amorphia state that studies by the National Cancer Institute have shown that defoliant herbicides 2,4-d, and 2,4,5-T cause birth defects, malformations, and deaths in experimental animals. Last summer, an Interdepartmental Task Force began a pilot project of grass eradication by spraying pot crops in 22 counties of 11 Midwestern states--the counties where most pot was grown with 2,4-d. Presumably the program is being continued and expanded this spring and summer 1971. The Department of Agriculture puts out a nifty pamphlet telling exactly how it's done. Thousands of these pamphlets have gone out to police, county agents, and farmers. Examine your dope for signs of this poison, such as brown or shrivelled bits of leaf, slightly chemical taste, etc. Expectant mothers especially beware! Marijuana itself does not cause birth defects or chromosome damage, but does cross the placenta in THC form; and pot sprayed with herbicides, particularly when smoked, could cause embryo damage in humans.

It is possible that the Federales, with the U.S. equipment and money, are also spraying Mexican dope with 2,4-d, but it is almost sure that they are spraying Acapulco Gold, Michoacan, Sonora, and every other variety of pot in Mexico with the herbicide benzyl diethylaminobenzoate. Although grass sprayed with this benzoate will probably not be killed by it, the compound causes nausea in the smoker after a couple of tokes. Several cases of this happening in California have already been reported to Amorphia. The nausea agent can be removed by grinding the contaminated pot as finely as possible and following these instructions:

Place the powdered grass in a jar and cover it with vinegar or a dilute solution of hydrochloric acid (made by diluting commercial hydrochloric acid to 5% of its original strength) to a depth of about an inch. Cover and shake vigorously for 15 minutes. Strain the contents and discard the liquid. Repeat this procedure once with acid and once with water. The resulting marijuana after drying on a cookie sheet, should be free of the nausea agent and should retain its stoning properties.

If you notice an unpleasant acid flavor in the decontaminated grass, try putting orange juice or other flavoring agents in the final rinse.

YOU'RE UNDER ARREST!!

In today's pig society it is almost impossible to exercise our rights, but we still can use our heads. Knowledge of the law and what pigs can and cannot legally do may save us from being busted for dope. The Drug Bust by John Dominick tells us what our rights are and how to come out ahead of the devious pigs.

The number one thing to remember is that no pig has the right to search your house, locked car, trunk, or suitcase without a search warranrt or without first making an arrest. So don't panic if the Man is pounding at your door. He must have a search warrant. People ignorant of this fact will let the pigs in without a warrant and then be arrested because of what the pigs saw.

One man opened his door to the pigs, leaving the chain lock locked. He asked to see their warrant. They handed it to him through the partially opened door. He then lit a match to the warrant and burned it before their eyes. They demanded entrance. He asked, "Where's your search warrant?" The pigs left and by the time they returned with a new warrant, the place had been cleaned out.

(Pigs do have a habit of breaking the door down, and if you can get yourself a good lawyer who can prove to the court that this is what happened, you have a good chance of getting off free.)

If there's a chance you may be arrested for something, even if it has nothing to do with dope, such as non-payment of traffic violations, be on the lookout. Pigs can search you and your car or house after arrest. (Supposedly they can search only the room you're arrested in, but who's going to prove they searched the whole house? They can find your stash in another room and say they found it in the room where they arrested you.) If you see the pigs approaching your house or car, go outside and lock the doors. Then they can't search without a search warrant (but they still can search you).

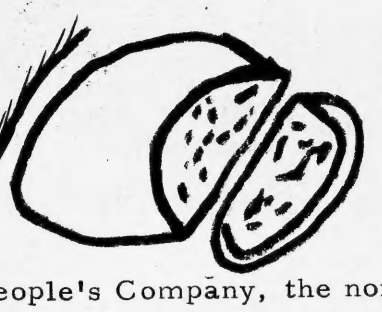
If you find yourself being hassled on the street by the pigs, with no arrest or search warrant, and no cause for arrest, call a passerby or two as witnesses. Then you'll have a better chance of proving the pigs actions as illegal.

The biggest threat to us all are the narcs. How do you tell a narc? According to John Dominick in his book, a narc will not bust you until after you've made a sale to him, because he must have evidence. (I tend to doubt that this holds true in all cases.) The best thing to do is to sell only to your friends. If a friend brings a stranger over with him to cop, say you're out of dope at the time. If you're particularly suspicious of the stranger, and he saw a little dope lying around, clean your place out and stay cool for a few days.

If you do get busted, remember not to say anything to anyone except your lawyer. Call your lawyer, or if you don't have one, call a friend to arrange for a lawyer, and get some money for bail. Talk things over with your lawyer, being completely honest, and, especially if the pigs were in the wrong, he will do what he can to get you off easy.

If we all learn what's legal, and show them we know, maybe we'll scare them all away. (ha ha)

FLOUR to the PEOPLE



People's Company, the non-profit supplier of granola and bread to the North Country Co-op and other local Stores, opened its own bakery this week.

Incorporated with North Country Co-op and other local stores, THE BAKERY, at 1534 E Lake St between Bloomington and 16th Av, branched naturally from the Co-op's radical notion of making wholesome food available at people's prices. When all the good food was gathered together for the store's operation, a few people sensibly decided to process some of it right away. The result, born primarily of the early efforts of three believers in doing what they see needs doing was the People's Company. After operating out of the People's Center and then a small bakery rented at night when the owner wasn't using it, the People's Company, now expanded to about 30 bakers, is comfortably (joyously) established in THE BAKERY where, in addition to their well known wholewheat and granola , the flour power conspiracy is turning out other wholegrain baked goods to be sold in the bakery's store front. Inspired by their new surroundings and blossoming talent the bakers are planning to produce honey sweetened risen whole cakes, cookies , yeast-wheat doughnuts, nut and gruit breads, and more, -- a unique selection everyday. They are modifying and inventing recipes for all these fine things and are extremely interested in reactions and suggestions from other people. Stop by to share good tastes, smells and ideas.

"A BACH CONCERT CAN BE FUN!"

" Someone in the balcony at Fillmore East on Tuesday night yelled 'Go, Virgil!' and off went Virgil Fox into a program of Bach's organ music, backed by a chromatic extravaganza of lights. Mr. Fox, whose usual habitat is the concert hall or the church, was invading New York's rock cathedral to sell the gospel of Johann Sebastian."
—**The New York Times**

"The audience really dug it. They were silent during the playing, gave a roaring ovation at the end of all ten pieces, and clapped Fox on to five encores. Everyone knows that Bach is beautiful. But we have never before attended a Bach concert in which the performer and audience enjoyed themselves so much. When that happens, a Bach concert can be fun!" —**Associated Press**

FROM NEW YORK'S FILLMORE EAST

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ॐ yoga consciousness

To my brothers and sisters of Hundred Flowers, I wish to express my gratitude for their interest in our comments regarding the column "People's Yoga". Some of us from the Lighthouse and what was once Spacecrafts considered the aspects of Yoga presented by the People's Opiate Church to be incomplete. Also, their use of such symbols as the gun seemed quite contrary to the systems and stages within the science of Yoga.

Many people are under the impression that Yoga involves only practicing postures or sitting in silent contemplation. It is much more than this. To the serious aspirant, Yoga means a whole lifestyle. It permeates all levels of being, all states of mental and physical activity. For myself I have come to believe that if we wish to solve our problems we must first consider changing the way we live. This was my reasoning behind dropping out and part of the truth realized through drugs. Being open to change in the way we live entails not only looking for alternatives to what we are doing, ("Too many people telling me what to do.") but also alternatives to being. "Yoga teaches us how to be."

The word Yoga comes from the sanskrit yuj meaning to join. The essential meaning of Yoga is unity; unity of mind, body, and spirit, unity of man's gross nature with our spiritual Being, unity of all as one. Surprisingly, it has not been exclusively an eastern trip. Ancient scriptures reveal that Yoga was practiced directly or indirectly by the sages and saints of many, if not all religions. The word Yoga corresponds to the use of the word yoke in the Christian Bible. Swami Rama has said in his lectures here in Minneapolis, "Yoga science alone can forge the link between east and west."

There are different aspects to the science of Yoga suited for different personalities. All of these, however, merge into one as the goal of Liberation is approached. The aspect of Yoga known to many of us is the system of Hatha (or physical) Yoga. From this aspect comes the various postures (asanas) or exercises associated with Yoga. Other aspects of this science include: the yogas of discipline -- Nada Yoga (or concentration on sound, the basic energy of the universe is sound -- OM), Mantra Yoga (concentration on words), Laya Yoga (the Yoga of gradual absorption), Kundalini Yoga (or arousal of the coiled serpent), as well as Hatha Yoga; and the Yoga of life -- Jnana Yoga (the Yoga of knowledge or intellect), Karma Yoga (the Yoga of action), and Bhakti Yoga (the Yoga of devotion or emotion).

Inclusive of all these is the system of Raja Yoga or royal Yoga. This system was codified 4000 years ago by Maharshi Patanjali in the Yoga-Sutras. The author does not claim to be the discoverer for the tradition has been passed on from master to pupil for over 6000 years. This relationship of pupil-master or disciple-guru is absolutely necessary for any real progress or growth (sadhana) to occur. The guru means "dispeller of darkness" from the sanskrit "gu", darkness; and "ru", that which dispels. The true test of all who claim this title of guru is whether they have the power to effect changes of consciousness within the pupil.

If the end of Yoga is Liberation, what is the means? Within Raja Yoga we have what is known as the eight-fold path (or eight limbs). The first two are meant to keep us in harmony with our fellow beings and are known as:

Yama (or universal rules)
This includes Ghandhi's principles of nonviolence in body, mind, speech at all times, on all occasions, toward all species and truth (openess) as well as non-theft, control over sexual desires, and non-possessiveness (non-attachment).

Niyama (personal rules)
Included in this are the principles of cleanliness (physical), contentment (with what you have), tabas (ability to withstand physical extremes and discomforts), cleansing of the mind by constant repitition of your mantra, reading clean books, and surrender to God.

The third is meant to keep the body in harmony with nature and is known as:

Asana (postures or physical exercises)

The next two stages teach the student the regulation of breath and thereby the control of the mind:

Pranayama (breath control)
Pratyahara (developing ability to guide the senses in desired directions)

The remaining three are called antaratma sadhana or quest of the soul:

Dharana (concentration)
Dhyana (meditation)
Samadhi (nirvana) -- highest state of consciousness, total harmony, no conflicts, no subject-object duality, state where I am you and you are me.

What we have tried to present is an outline of the science of Yoga. Hopefully, in issues to come we can explore the elements of Yoga and the philosophy underlining its practice. The idea will be to present more specific and practical guides for those seeking harmony with the material plane and union with the Spiritual.

OM Shantih

Satyarāja

try some of this stuff

henbane

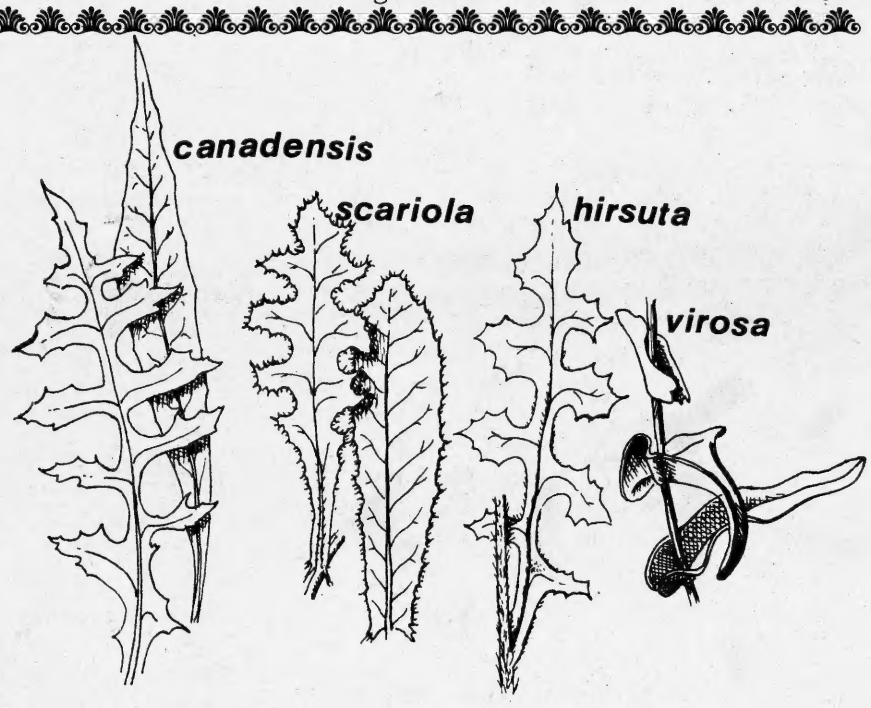
Henbane is a low plant, with large soft and wooly leaves which lie on the ground. From their midst, several short, thick stalks rise to a height of about 2 feet. These stalks divide into smaller branches, bearing funnel-shaped dull yellow flowers with purple veins, and a purplish-yellow spot in the center of the flower. The leaves often appear torn, and have several long, glandular hairs on the central vein. These leaves should be picked from the second year plants while it is flowering (from July to September), producing a strong tobaccolike odor when picked, but odorless when they are dried for use as a smoke. The plant is rich in hyocyamine, which is similar to atropine, producing in some people vivid hallucinations. The leaves, taken with the root and seeds (these last gathered when the seeds are ripe) may be made into a hallucinogenic tea by steeping 1/2 teaspoon of the plant in water or wine for 5 to 10 minutes. Henbane has powerful effects on the central nervous system and on the heart. Although tolerances can be built up for the narcotic substances in the plant, tropeins which may damage the heart cannot be similarly resisted. An excessive dose may bring on amnesia, confusion or sluggish thinking, and prolonged use may end in insanity (this latter effect was noted by European sorcerers as early as the middle ages.)

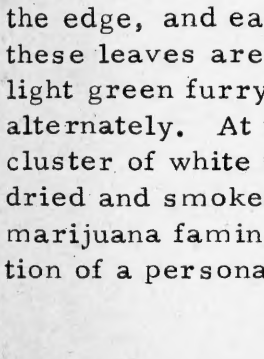
indian tobacco

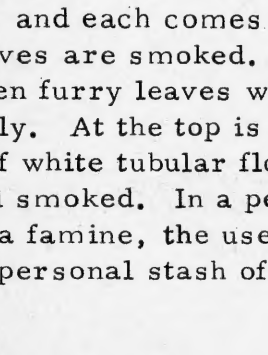
Lobelia is another short herb, growing from 6 inches to 3 feet high. Lobelia Inflata, or Indian Tobacco, has a hairy main stem with alternate serrated leaves. The flowers appear singly where the leaf meets the stem, and are small, tubular, and light blue on long sepals. The fruit develops from the inflated base of the flower, into a two-celled pod containing many small brown seeds. The leaves of the plant, gathered from late July to October, can be used as a tobacco substitute, having a similar flavor, but without nicotine. The smoke is mildly euphoric, but the effect is stronger when these leaves are taken as a tea. Simmer 2 heaping tablespoons of the leaves in a pint of water - the longer the stronger. When drunk, the tea brings a pricly sensation in the mouth. The strength of the tea is retained if, after straining, the liquid is boiled off until a gummy residue remains; this can be easily swallowed. The active principal in Indian Tobacco, alpha-lobeline, can cause vomiting, but is non-toxic. The tea or gum should be taken on an empty stomach, if it is to be done in large doses. The root may be used in tea as well, and is stronger than the leaves or seeds.

wild lettuce

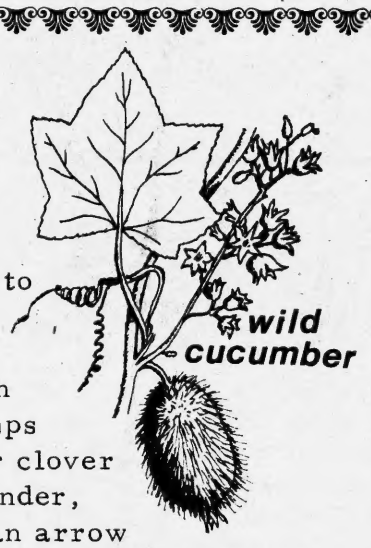
Wild Lettuce can be identified by its bunches of yellow, whitish, or sometimes blue flowers, each like a dandelion, with from 5 to 20 "petals." The plant is tall, some species growing up to 10 feet, and branches. It likes sun and dry, but not sandy soil, and often grows in clearings or fields. Lettuce contains lactuarium, a bitter alkaloid much like opium. This can be extracted from the entire wild plant (Poison Lettuce - lactuca virosa - being the strongest) or from the roots of garden lettuce by extracting the juice with an electric vegetable juicer, and setting this liquid in sunlight in a porcelain bowl. When the water has evaporated, a greenish-brown residue will remain which can be scraped and smoked like opium. Use a brass bowl pipe, heating the underside of the bowl; do not apply direct flame to resin.




red clover


coltsfoot

Red Clover, Catnip and Coltsfoot all will produce a mild high when smoked, but the stone is much inferior to that of the more familiar smoking herbs. If these herbs are smoked after marijuana, they help to lengthen the high. Red Clover is a low bushy plant often growing with other clover or in clumps in fields. The familiar clover blossom is purple or lavender, and the leaves usually have an arrow shaped marking. The fresh blossoms are dried for the smoke. Coltsfoot grows up to 18 inches, with a bristly yellow flower rising on a separate stalk covered with reddish scales. The leaves are heart shaped with large serrations at the edge, and each comes on a single stalk from the ground. these leaves are smoked. Catnip has a square stem and light green furry leaves with rounded serrations appearing alternately. At the top is a globe shaped or egg shaped cluster of white tubular flowers. The entire plant may be dried and smoked. In a period of government perpetrated marijuana famine, the use of such herbs in extending the duration of a personal stash of good grass is especially valuable.


wild cucumber

catnip

Wild Cucumber (Echinocystis lobata) grows by waysides throughout Minnesota. It has a 6 petaled whitish-green or white flower, growing in bunches, and a single, fleshy, spine-covered fruit, growing up to 2 inches on a separate petiole. The fruit is at first green, but later dries. Inside this pod are four flat seeds. The plant especially likes bushes or fences, on which it climbs by means of winding tendrils, like many vines. The seeds contain a strong hallucinogen (possibly a lysergic acid amide) and are most effective in middle or late spring before the seed has ripened, when a dosage of one seed produces an 8 to 10 hour trip. No harmful side effects have yet been observed in the use of Wild Cucumber. The midsummer dosage should probably be somewhat higher, but experimentation should be tempered, as little is yet known of its composition.

A free plant identification service is provided by the University of Minnesota botany dept. If you have any plant specimens you would like identified, take them to the third floor and they will check them out.

dan

CALENDAR July

Friday 16

"Rocket Ship" - Flash Gordon film with Buster Crabbe, Piper, 8, 10, midnight, $1

"The Independant Female or: A Man Has His Pride" - held over cause so many people wanted to see it - Guild of Performing Arts, 8pm, $1

"Casablanca" - Bogart & Ingrid Bergman film, Bijou, 8, 10, midnight, $1

The Argir Group - 3 piece folk group, Extemp, 9, 75¢

"Comedy of Terrors", horror show with Karloff, Price, Lorre - Flick Movie Club, 8:30, 10:30, 12:30, $1

"The Nicotine Phallus", Mn. Ensemble Theatre, Walker Methodist Church, 8pm

Tommy Ray - boogie piano, Riverside Cafe, 9pm, $1

"Scuba Duba", "tense comedy" race relations, sex, psychiatric problems, Theatre in the Round, 8pm, $3, $2

"A Wall" - "scenario for improvisation" - Theatre Co. of Inst. of Art, 8pm, $2.50

"Henry IV, Part I", Shakespeare in the Streets, Sibley Field, 8pm, FREE

"Magical Mystery Tour", Beatles film, Acme, 7:30, 9, 10:30, midnight, $1

"Wings" (1927) Buddy Rogers, Clara Bow, Xanadu Film, 8 & 10 pm, $1

Saturday 17

"Let's Get Tough" - Bowery Boys, & "Knights of the Bath", Abbott & Costello, Nicholson Hall, 7:15 & 9:00 PM, $1

"Mars Attacks the World" - Flash Gordon flick with Buster Crabbe, Piper, 8, 10, midnight, $1

"The Independant Female" see yesterday.

"Casablanca", see friday.

Poor Howard, 12-string guitar blues, Extempore, 9pm, 75¢

"Magical Mystery Tour" - see yesterday.

"Comedy of Terrors", see friday.

"The Nicotine Phallus", 7 & 10pm, see yesterday.

Steve Klatt & Gary Heil - folk, Riverside Cafe, 9pm, $1

"Scuba Duba", see friday.

"Ali McGraw Died for Your Sins", satire and nostalgia Brave New Workshop, 8, 10, midnight.

"A Wall", see yesterday.

"Love's Labor Lost", Shakespeare-in-the-Streets, Phalen Pk, 2:30, FREE

"Henry IV, Part I", Shakespeare-in-the-Streets, Phalen Pk, St Paul, 8, FREE

Sunday 18

"Magical Mystery Tour", Acme, 7:30 & 9:00pm, $1

"Comedy of Terrors" - 8:30 only, see friday.

"The Nicotine Phallus" - see friday for details.

"Pepperfog" & "US Pipe" - Powderhorn Pk, noon, FREE

Maury Bernstein - New Riverside Cafe, 9pm, 75¢

"Scuba Duba", see yesterday

"A Wall" - see friday.

"As You Like It" - Shakespeare in the Streets, Cherokii Pk, St Paul, 2:30, FREE

"Blue Freedom" - progressive jazz, Lutheran Church of the Master, 7pm, $1

Steve Kremer - musician/writer - benefit for the Southside Medical Clinic Plymouth Congregational Church, 2:30pm, $1

"Purple Death", Flash Gordon Piper, 7:30, 9:30pm, $1

"The Independant Female", see friday.

"Casablanca" - 8 & 10pm only, see friday.

"Kiwani" - rock group, Extempore, 9pm, 75¢

Monday 19

W C Fields Shorts, 6 movie roles, Flick, 8:30, $1

"Mark Twain Tonight" - Wm Foster portrays Mark Twain & his wit, Brave New Workshop, 8pm.

Tuesday 20

W C Fields Shorts, see yesterday.

Open Stage - New Riverside Cafe, 9pm, 25¢

"Ma & Pa Kettle on Vacation" St Paul Student Center, noon, FREE

John Jackson - blues guitarist and singer, Top of the Ramp, Coffman Union, 8pm, FREE

Wednesday 21

W C Fields Shorts, see yesterday.

Ralph Bailey & Gary Kemp, Riverside Cafe, 9pm, 50¢

"Ali McGraw Died for Your Sins", 8pm, see saturday.

Big Jim, piano music, Extempore, 9pm, 50¢

Thursday 22

"Magical Mystery Tour" see sunday.

W C Fields Shorts - see monday.

Paul Bergit - New Riverside Cafe, 9pm, 50¢

Macalester Trio & Gaetano Molieri - classical violin, Architecture Court, U of M, 8pm, FREE

"The Old Dark House" (1932) horror film with Boris Karloff, Charles Laughton, Xanadu, 8 & 10pm, $1

Open Stage - Extemp, 9pm, 50¢

continuous

Boeing Boeing A Flight of Fancy - satiric revue, Brave New Workshop, july 18, 20, 22 - 8pm.

Art Deco exhibition - artwork, furniture, costumes, etc, from the '20's & 30's, Inst of Art, $1, 50¢, stud.

BuEtiN boARD

NEW FREE U classes beginning this week;
WILD HERBS AND FOODS FORAGING: call Mike Helffrich. K 941 7993 Hyland Nature Ctr. Saturday, July 17, 9:30AM

A WALK IN THE WORLD OF CITIES AND MEN Peter Denzer. UMHE-1209 4th st. S.E. Tues. JUly 20, 7:PM

YOU ARE GODKpotluck supper) Char Danielson 822 1181.) 1805 W.Lake st. fl302 Wed.July 21, 7:PM

RAP SESSION
Marcia and Julie,224 6043 276 Dayton Av *15 St.Paul Tuesday, July 20, 7:pm

POETRY FICTION WORKSHOP
Mike Finley 332 1994 1914 Portland Av. S. Apt 2 Wednesday, July 21, 7pm

ALTERNATIVES TO MARRIAGE
James Park 1417 1st av s. Apt 210 Wed, July 21, 7:pm

CAMPING WEEKEND
Lin Welters, 644 4024 (call before 11am or after 10:30pm)

FREE 4-burner gas range stove. 699 4364,

OLDER professional man and doctoral candidate with new politics & other counter-culture concerns wants contacts with men and women with or without children who want to share housing and other communal interests. Do you have space or should we seek housing together? Call Al, 722 9895, 1-5pm.

NEEDED: One large farm with an owner who would be interested in having a rock & Art happening on it, about 20-30 miles from cities; or someone interested in helping. Call Doug, 827 1033.

QUIT paying rent and move out into the fresh country air on your own plot of wood land. $40/acre, 336 3884.

ROBYN Snoden; Please call me at my phone (6588). Please. Cheryl.

ARE YOUR favorite pants falling apart? Would you like some hand embroidery done on them? Bring them to the sunshine stitchin' & flash patchin' shop, located at 3-ZA-Krowd, 1308 E Franklin, open 11AM to 9PM.

BUMPER stickers available as fund raising project for groups. Call 929 8450.

NEED RIDERS to S. F. One week stopover in Wyoming. Leaving at the end of the month. Must be able to help with gas and driving (stick shift). Call Lew before 10am or between 5 & 7pm. 521 0068. Keep trying.

WANTED: A canoe that can be borrowed or rented (for cheap) to go canoeing around the Canadian-Minnesota border. Also, anyone interested in coming along with or without a canoe, is welcome. Dennis, 437 6270.

FOR SALE: One 1971 Gold Gibson - Les Paul guitar, de luxe with hard shell case. Bought for $450, new Will sell for $300 or best offer. Call Doug, 827 1033.